



Rejuvenation & Well Being
Live from the heart.

Phone: 707.795.1063
Email: Office@RejuvAndWellBeing.com
Web: www.rejuvandwellbeing.com
315 East Cotati Ave. Suite A, Cotati, CA 94931

"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

-Dr. Royal Lee

Rejuvenation & Well Being

Issue #3

We are pleased to present our 3rd monthly Health and Wellness Newsletter! As always, we welcome any feedback and questions. We thank you for your continued support and hope you find something of value within. Please pass this along to any who may benefit.

Sincerely,

Dawn Dolan &
Christine Calaway
Rejuvenation & Well Being

In This Issue

Springtime!!

Non-Toxic "Medicine Cabinet"

Eat Well... Feel Well!!

Springtime!!

Say yes to sunshine and outdoor activities!

Are seasonal allergies getting in the way of your outdoor enjoyment of the beautiful area we live in? Are you worried about sun exposure on your winterized skin?

For quick relief of allergy symptoms such as puffy red or itchy eyes, chest congestion or runny stuffy nose, sore throat and phlegm - we can help. Natural remedies are very effective. They can provide much needed quick relief without the toxic side effects of over-the-counter pharmaceutical medicine. See our "Non-Toxic Medicine Cabinet" page to find out how to find relief.

Want to protect your skin from the harmful rays of the sun while



Eat Well... Feel Well!

Vegetable Frittata



1 cup broccoli, steamed
1 red pepper, chopped
1 med onion, finely chopped
2 Tbsp organic butter
2 Tbsp extra virgin olive oil
6 eggs
1/3 cup organic sour cream
1 tsp finely grated lemon rind
pinch dried oregano
pinch dried rosemary
sea salt and pepper

letting the good ones in? Try our tissue calcium and vitamin D balancing product listed in the "Medicine Cabinet" page as well... then go outside and enjoy!

Create Your Own Non-Toxic "Medicine Cabinet"



Dosage:

	<u>Child</u>	<u>Adult</u>		<u>Child</u>	<u>Adult</u>
1. <u>Runny nose & Mucous</u> Antronex (dose as often as needed for symptom relief)	1-3	2-4	4. <u>Sore throat</u> Herbal Throat Spray	as needed	
2. <u>Vitamin D balance</u> Cataplex D	1-2	4-6	5. <u>Allergies</u> Allerplex (dose every few hours as needed)	1-3 2x/day	2-4 4x/day
3. <u>Too much sun</u> Cataplex F	1, 2x/day	2, 3x/day			

**The next Group Supported Detox Program will begin on
May 17th! Please call the office for details: 707-795-1063**

[Click here to place an order from the Non-Toxic "Medicine Cabinet!"](#)

About Us

Dawn Dolan has been a practitioner of [Jin Shin Jyutsu](#) since 1990. She is a strong advocate for integrative healthcare, consulting with medical doctors, chiropractors, acupuncturists, psychotherapists, body workers, massage therapists and other healthcare professionals.

Dawn has been practicing [Acupoint Nutritional \(or Integrative\) Testing](#) since 2004. She has trained for the past several years with Dr. Freddie Ulan using Nutritional Response Testing, and with microbiologist and Clinical Nutritionist Dan Newell using Acupoint Integrative Testing. The combined benefits are profound. The nutritional testing uses specific points along the acupuncture meridians to check specific homeopathic antigens, hormones, vitamins, minerals, as well as other physiological markers to monitor the integrity of the body systems, creating a remarkably successful methodology for pinpointing appropriate whole food supplements and herbal remedies. The results speak for themselves!



1 cup shredded Monterey Jack cheese

In a cast iron skillet, sauté the pepper and onion in 1 Tbsp each of butter and oil until soft. Remove with a slotted spoon. Beat eggs with sour cream and seasonings. Stir in broccoli, peppers and onion. Melt remaining butter and oil in the pan and pour in egg mixture. Cook over medium heat about 5 minutes until underside is golden. Sprinkle cheese on top and place under broiler for a few minutes until the frittata puffs and browns. Cut into wedges and serve.

Testimonials

"I was diagnosed with Lupus in 2005 and the past year I've had some major flares ups. I had read and researched about changing my diet to help with my lupus but I was overwhelmed with information. When I went to Dawn's website it was like everything that I read about was all in one place. When I found out about the 21day cleanse I was eager to try it. I've been doing chemo for the past 4 months and taking steroids to control the inflammation in my body, I figured I might as well try this to see if it helped. I noticed a difference within the first few days of the cleanse. My body didn't ache and my joints were not swollen and I was sleeping better than I had in a year. My energy level was always low in the past year but now my energy level is great. Even my mom said I haven't looked this good in two years. I'm still cleansing and am still feeling great. I feel like I have some control over my health now."
- V. Macias

Dawn Dolan, MA